

Sophie

THE ONE EYED CAT
BY JOHO

25. WORKOUT

HUP!

HUP!







READY? LET'S GOOO!!





1



2



EXTRA

YoGa
Time





YOU READY,
SAPHIE?

MROW!



OKAY!
READY.....
GO!



WARRIOR | POSE



SPHINX POSE





PIGEON POSE



DOUBLE TOE HOLD (?)



.....HAPPY BABY POSE

